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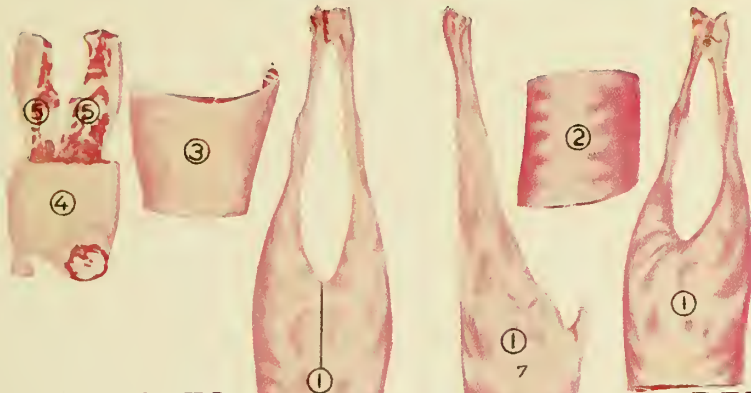
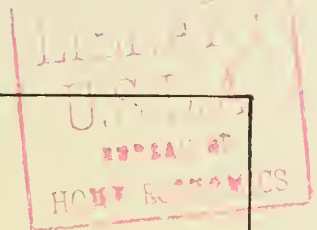
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LAMB CHART

IDENTIFICATION

WHOLESALE AND RETAIL CUTS

U. S. DEPARTMENT OF AGRICULTURE
BUREAU OF AGRICULTURAL ECONOMICS
DIVISION OF LIVESTOCK, MEATS AND WOOL



WHOLESALE CUTS

① ② AND ⑥ HIND SADDLE

- ① LEG
- ② LOIN
- ⑥ FLANK

③ ④ AND ⑤ FORE SADDLE

- ③ HOTEL RACK
- ④ CHUCK
- ⑤ BREAST

RETAIL CUTS

① LEG

- 1 TO 4 CHOPS
- 7 - ROAST

② LOIN

- 1 TO 13 LOIN AND KIDNEY
- CHOPS OR ROAST

③ HOTEL RACK

- 1 TO 13 RIB OR FRENCH CHOPS

④ CHUCK

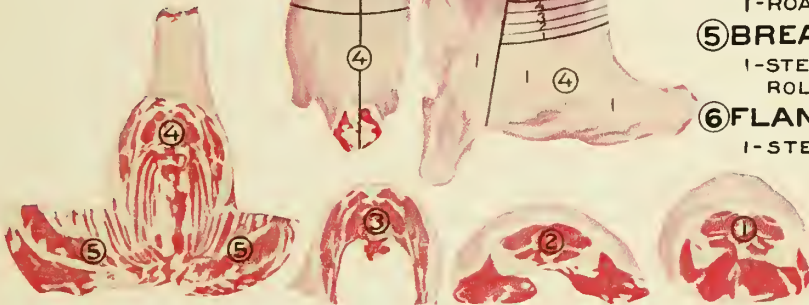
- 1 - ROASTS AND STEWS

⑤ BREAST

- 1 - STEWS OR BONED AND
- ROLLED ROASTS

⑥ FLANK

- 1 - STEWS



CHUCKS & BREASTS HOTEL RACK LOINS LEGS

Numerals in circles ○ refer to wholesale cuts Other numerals refer to retail cuts

YIELDS OF WHOLESALE CUTS

PER CENT OF CARCASS

- ① ② & ⑥ HIND SADDLE 50.0%
- ③ ④ & ⑤ FORE SADDLE 50.0%

SUBDIVISIONS - PER CENT OF CARCASS

- ① LEGS 33.0%
- ② & ⑥ LOIN AND FLANK 17.0
- ③ HOTEL RACK 12.0
- ④ CHUCK INC. NECK 23.5
- ⑤ BREAST INC. SHANK 14.5

DISTRIBUTED COURTESY
NATIONAL LIVESTOCK AND MEAT BOARD
407 SOUTH DEARBORN STREET
CHICAGO, ILL.

LAMB AND MUTTON CUTS AND THEIR USES

Description	Cut	Characteristics of Cut	Uses	Extra Edible Parts and How Prepared
(Lamb) Flesh is light pink, deepening in color as it ages. Lean is firm and fine grained. Fat is white, hard, and flaky.	Leg	Solid meat, fine quality	Roasts, boiling meat; steaks may be cut from leg	Heart— Baked, braised, stewed
	Loin	Excellent quality	Chops, roasts	Brains— Creamed, braised, scrambled
	Rack	Meat of fine quality	Chops, roasts, crown roast	Kidney— Sautéd, stewed, broiled
(Mutton) Dull brick red in color. Lean is firm and fine grained. Fat is hard, white and flaky.	Shoulder or chuck	Well - flavored, tender meat	Stews, roasts, pot roasts	Liver— Sautéd, baked, braised
	Breast	Meat not so fine grained as leg or loin	Stews, Roasts—boned and stuffed	Tongue— Boiled, braised
	Flank	Good quality meat	Stews	

The break-joint distinguishes lambs and yearlings from mature sheep. The break-joint is a temporary cartilage at the head of the shank just above the ankle. In dressing lambs and some yearlings the foot can be broken off at this point, giving the end of the shank a saw-tooth appearance. In lambs the broken surface is smooth and moist, in yearlings it becomes more porous and dry. The shank of mature sheep will not break and the foot is taken off at the ankle instead, making a "round joint."

TIME-TABLE FOR COOKING LAMB AND MUTTON

Cut	Broiled or Panbroiled	Roasted or Baked	Boiled	Braised
Leg, Breast Shoulder, Saddle		(Lamb) 30 min at 525° + 18-20 min per pound at 425°-450° (Mutton) 30 min. at 525° + 20-25 min. per pound at 425°-450°	(Lamb) 12-15 min. per pound + 10 min. (Mutton) 15-20 min. per pound + 20 min.	1½ hr. 2½ hr.
Loin		(Lamb) 30 min. at 525° + 15 min. per pound at 450° (Mutton) 25 min. at 525° + 18-20 min. per pound		
Chops, steak	(Lamb) 8-10 min. (Mutton) 10-15 min.			
Neck				(Mutton) 20-25 min. per pound
Crown Roast		(Lamb) 1¼ hr.		

